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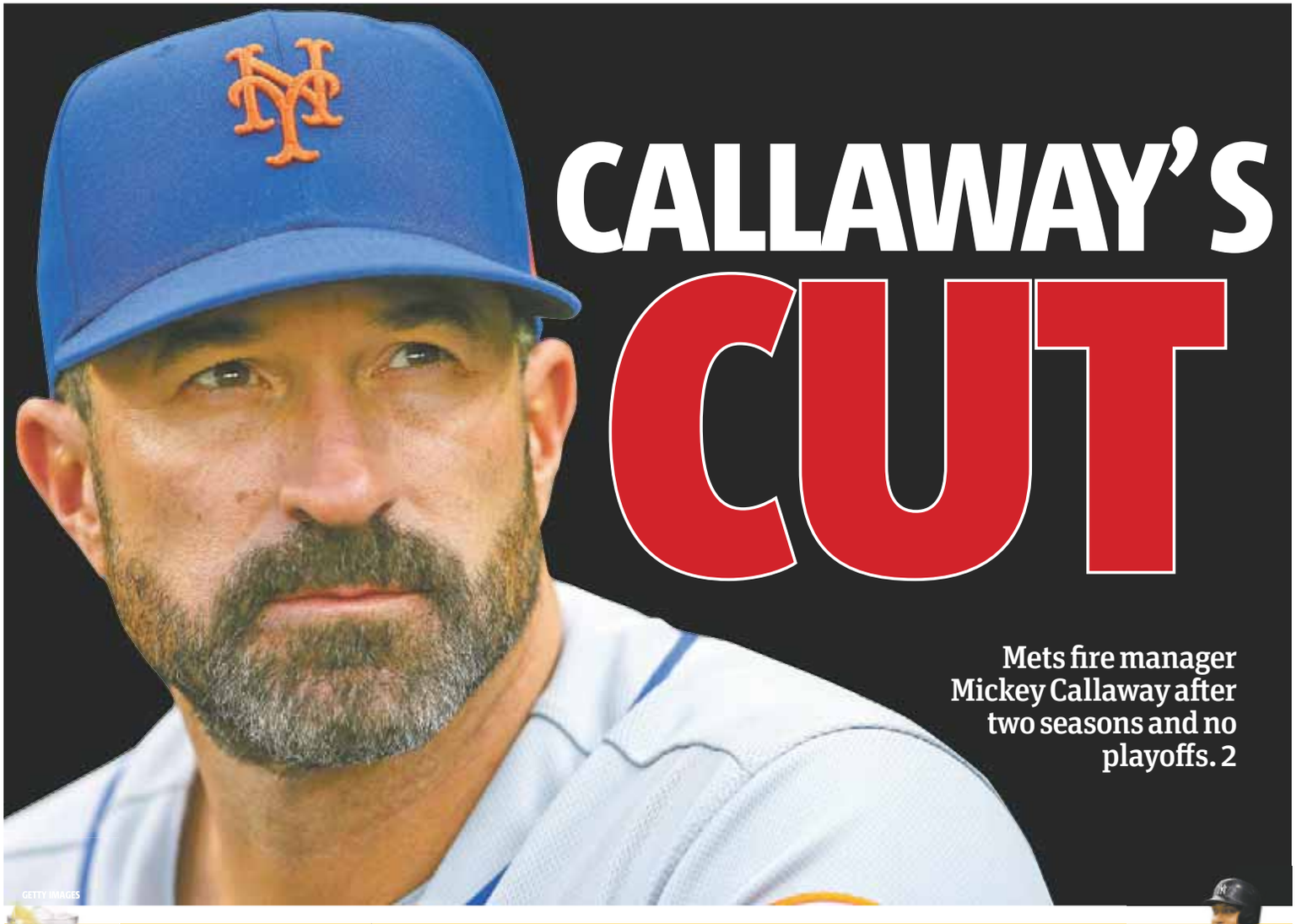
LOOK WHO'S LAUGHING NOW

Joaquin Phoenix sat down with Metro to talk about the year's most talked about movie. 9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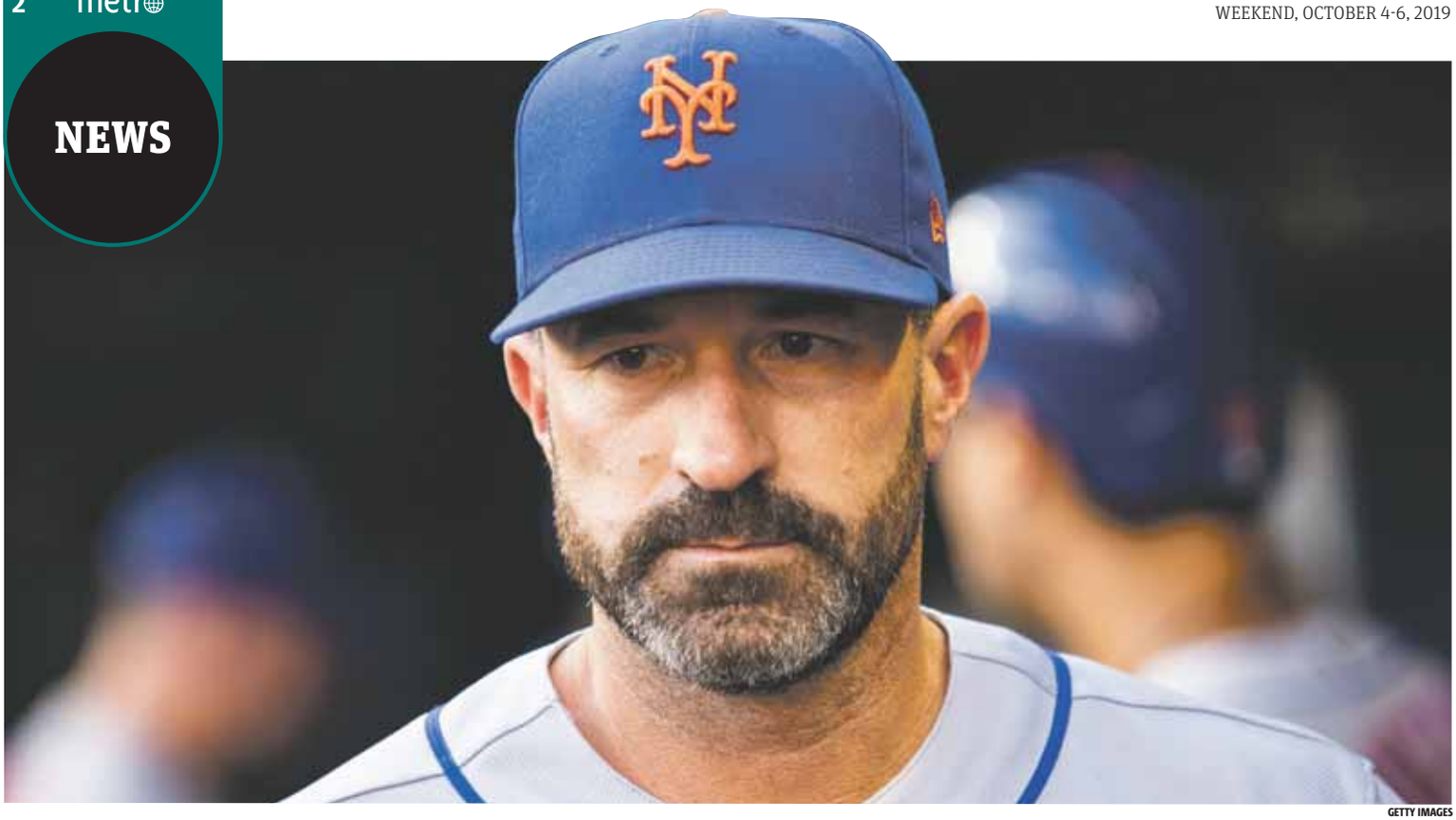

GETTY IMAGES

Mets fire manager Mickey Callaway after 2 seasons

The Mets have parted ways with their manager after narrowly missing the playoffs.

JOE PANTORNO
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The New York Mets announced on Thursday afternoon that they have fired manager Mickey Callaway after two seasons.

General manager Brodie Van Wagenen, in a statement, said the move was "in the best interest of our franchise at this time."

"We want to thank Mickey for his consistent work ethic and dedication," Van Wagenen continued.

Callaway finished his two-year stint as Mets manager with a 161-163 record, missing the playoffs in both seasons.

Formerly working as the Cleveland Indians pitching coach, Callaway was brought on to lead a promising Mets pitching staff to meet the high expectations placed upon them earlier this decade.

While Jacob deGrom is in line to win his second straight NL Cy Young Award, plenty was left to be desired by Noah Syndergaard and Steven Matz. Meanwhile, the organization is in danger of losing the improving Zack Wheeler to free agency this winter.

But it was Callaway's managing tactics away from the starting rotation that doomed him in Queens.

He had issues handling his bullpen, staying loyal to a fault to closer Edwin Diaz—who was acquired by Van Wagenen over the winter in his first blockbuster deal as Mets GM.

Diaz had one of the worst seasons by a reliever in MLB history, allowing 15 home runs in just 58 innings of work. Still, he was given the ball in vital late-game situations when Seth Lugo or Justin Wilson were more viable options.

> **"We want to thank Mickey for his consistent work ethic and dedication"**
>
> Van Wagenen

He alone blew seven saves in 2019, a huge number when considering the Mets finished just three games out of the final National League Wild Card spot.

Callaway also had issues fielding his best-possible lineup, which put his team behind the proverbial eight-ball in times when every win counted.

Robinson Cano and Todd Frazier—who both struggled mightily for a majority of the 2019 season—were constantly given starts over the likes of budding young bats like JD Davis, Dominic Smith, and Jeff McNeil.

Both Davis and McNeil batted over .300 while first baseman Pete Alonso slugged an MLB-rookie-record 53 home runs. Put that together with deGrom's electric season in which he posted a 2.43 ERA along with 250-plus strikeouts for a second-straight season and that should be enough for a playoff team.

But a miserable start to the 2019 season in which the Mets were 40-51 at the All-Star break provided Callaway with a deficit too big to dig out of despite a strong 46-25 finish.

Now the Mets will be entering a managerial search that has some strong candidates on the open market.

Joe Maddon parted ways with the Chicago Cubs after five seasons and a 108-year-drought-breaking World Series title in 2015. He also boasts an AL pennant with a small-market Tampa Bay Rays team in 2008.

Former Yankees manager Joe Girardi is also an early candidate to keep an eye on. The 2009 World Series champion has over a decade of experience managing in New York and has expressed interest in a return to a major-league dugout in 2020.

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Brooklyn synagogue vandalized during Rosh Hashanah

Gov. Cuomo called the anti-Semitic attack on the house of worship "simply unconscionable."

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A Brooklyn synagogue was vandalized during Rosh Hashanah on Monday, and the NYPD is asking for the public's help in finding the suspects.

The NYPD Hate crimes unit on Thursday shared video footage of the anti-Semitic incident, tweeting, "WANTED: Criminal Mischief to a Synagogue at 89 Throop Ave. Any information, call @NYPDTips 800-577-8477."

The footage shows a trio of young people throwing a milk crate and metal mailbox at a Throop Avenue synagogue in Williamsburg, breaking a window.

Gov. Andrew Cuomo addressed the disturbing incident on Twitter, saying, "I am disgusted and enraged by yet another anti-Semitic act of vandalism, the desecration of a synagogue in Williamsburg over Rosh Hashanah, one of the holiest days in the Jewish calendar. It is simply unconscionable."

Gov. Cuomo added, "I am directing the New York State Police Hate Crimes Task Force to offer assistance to the NYPD as they investigate this disturbing act. This incident unfortunately underscores the need for State Police to increase their patrols around houses of worship during the Jewish high holidays this year."

Additionally, Cuomo said, "In New York we have no tolerance for hate and I continue to join with our Jewish community and work to ensure the new year is one of peace, protection and well-being."

Mayor Bill de Blasio also denounced the incident on social media saying, "This is a shocking act of hate. We WILL find the perpetrators and hold them responsible. If you have any information, share it with the NYPD. Officers are protecting religious institutions during High Holy Days, and we'll keep our Jewish community safe."

NYPD

Suspects threw crates the the temple in Williamsburg, busting out a window.

"In New York we have no tolerance for hate and I continue to join with our Jewish community and work to ensure the new year is one of peace, protection and well-being."

Gov. Andrew Cuomo

According to reports, a separate anti-Semitic incident occurred in Brooklyn that same day.

ABC reports that in Bedford-Stuyvesant, a Jewish woman was walking with her children when someone approached her and ripped off her wig and headscarf.

News of these apparent hate crimes comes within days of New York officials sharing that the New York State Police will be increasing their presence near synagogues and religious centers during the Jewish holidays.

If you or someone you know has any information about these incidents, you are urged to call NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

You can also send in a tip via Twitter or go to Crimestoppers.com.

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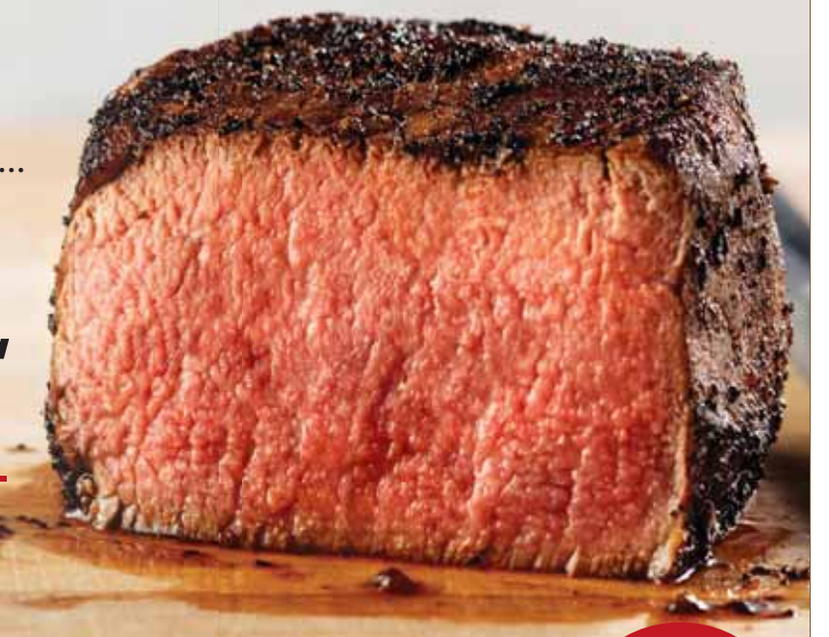

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7 simple vodka cocktails to make for National Vodka Day 2019

To celebrate National Vodka Day 2019, here are a few easy vodka cocktail recipes to follow.

BECCA GLASSER-BAKER

ISTOCK

If you love vodka, you're in luck; National Vodka Day 2019 is here.

When is National Vodka Day 2019?
National Vodka Day 2019 is October 4.

Why should you celebrate National Vodka Day 2019?
Vodka is a forever growing industry, and each year; the classic drink continues to gain popularity. Nationalvodkaday.com reports that the spirit accounts for 20 to 25 percent of spirits sold in North America, and with the market growth, the demand for vodka is higher than ever.

It's not clear who or why this national holiday was created but who is complaining? As National Vodka Day 2019 arrives, there's no better way to celebrate than by whipping up a few of these super simple vodka cocktails from a few of these iconic brands.

Here are some of the easiest vodka cocktail recipes to celebrate National Vodka Day 2019:

SVEDKA SPIKED SPA WATER

For someone who prefers to have a super relaxing drink after a long day, Svedka's spiked spa water will be the perfect treat to soothe you after hours.

Ingredients:
1 1/2 parts Svedka Cucumber Lime
3/4 part Fresh Lemon Juice
1/2 part Orange Curaçao Bitters

Instructions:
Combine all ingredients, except bitters, in a cocktail shaker filled with ice. Shake and strain over fresh ice and pour into a tall sugar-rimmed glass. Garnish with cucumber slices and a float of bitters.

POLISH 75

This cocktail is for those who dream about luxury. This simple combo is both delicious and will have you dreaming of more.

Ingredients:
1.5oz. Belvedere Vodka
.75oz. Simple Syrup
.75oz. Lemon Juice
Moët & Chandon Impérial Brut

Instructions:
Mix everything in a shaker with ice, except for the champagne. Strain the shaker into a champagne flute and top with Moët & Chandon Impérial Brut.

SMOGÓRY FOREST REMEMBER THE GRAIN

This classy drink will remind you of the golden era of cocktails. The drink explores a ton of different flavors, creating a perfectly balanced drink.

Ingredients:
1.5 oz/ 50 ml Belvedere Smogóry Forest
0.60oz/ 20ml Cherry Herring
0.03 oz/ 10ml Sweet Vermouth
2 dashes Absinthe
2 dashes Chocolate Bitters

Instructions:
Stir all ingredients over cubed ice in mixing glass. Strain into chilled glass over a large ice cube.

LAKE BARTĘŻEK DIAMOND RYE BACK

This cocktail is super clean and leans a little sweet, making it the perfect happy hour sip.

Ingredients:
2 oz/ 60 ml Belvedere Lake Bartężek
0.03oz/10ml Yellow Chartreuse
0.30 oz/ 10ml Crème de Peche

Instructions:
Stir all ingredients over cubed ice in mixing glass. Strain everything into a chilled glass.

TITO'S BLOODY MARY

There's nothing like a classic Bloody Mary to brighten up any meal of the day.

Ingredients:
1.5 oz Tito's Handmade Vodka
3-4 oz your favorite Bloody Mary mix
Garnish such as celery, olives, dill pickles, bacon or smoked sausage

Instructions:
Combine ice, Tito's Handmade Vodka, and Bloody Mary mix, in a cocktail shaker. Shake well and pour everything into a glass. Add your favorite garnishes.

TITO'S ALL-TIME FAVORITE

We saved the easiest recipe for last; this simple no-frills cocktail can easily become your next signature drink.

Ingredients:
1.5 oz Tito's Handmade Vodka
4 oz sparkling mineral water
Orange slice
Lime slice

Instructions:
Add Tito's Handmade Vodka and sparkling mineral water to a rocks glass with ice. Stir and garnish with an orange and lime slice.

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

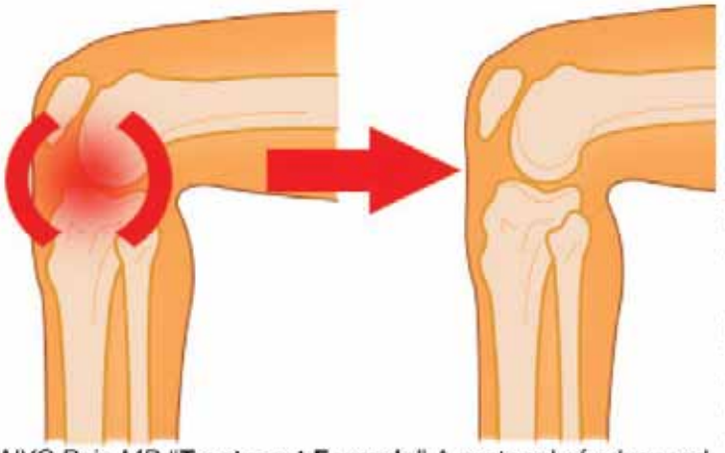
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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Aries Look around you and gravitate toward people who share your beliefs. There is strength in numbers and a higher chance of success if you join forces. Romance is in the stars.

Taurus Learn from someone who has more experience than you do. If you ask questions and share your thoughts, you'll find a way to bring positive change to your life and pursuits.

Gemini Take a few hours to relax. Spend time with a loved one or concentrate on self-improvement. Taking better care of your health and mental outlook will prove rejuvenating.

Cancer Tame your thoughts and channel your energy into something you enjoy doing. Ignore situations that are causing stress, and make personal changes that will help you feel good.

Leo A trip, meeting or interview will go well. Make plans to celebrate with someone you enjoy spending time with. Love is on the rise, and good fortune is heading your way.

Virgo Be careful how you deal with those closest to you. Choose your words carefully and share only what's necessary. Discipline will be required if you want to bring about positive change.

Libra Don't let underlying issues fester. Trust in yourself to get things done and to make positive changes that will ward off negative influences in your life.

Scorpio A change you make will have a positive emotional effect on your relationship with a special someone. Share your feelings and plans.

Sagittarius Find out how you can make the most significant impact on a situation that concerns you. How you handle the people involved will determine the outcome. Stick to the facts.

Capricorn Emotions will spin out of control if you let your temper take the reins. The best choice you can make is to implement positive change without complaining or criticizing others.

Aquarius Take note of how others are handling situations before you decide to get involved in a joint venture. You should consider moving forward alone. Trust your instincts and ability.

Pisces Someone will try to entice you to do something excessive. Don't let compliments distract you. Consider the consequences that could ensue. Moderation should be your choice. Positive change will bring the best results. EUGENIA LAST

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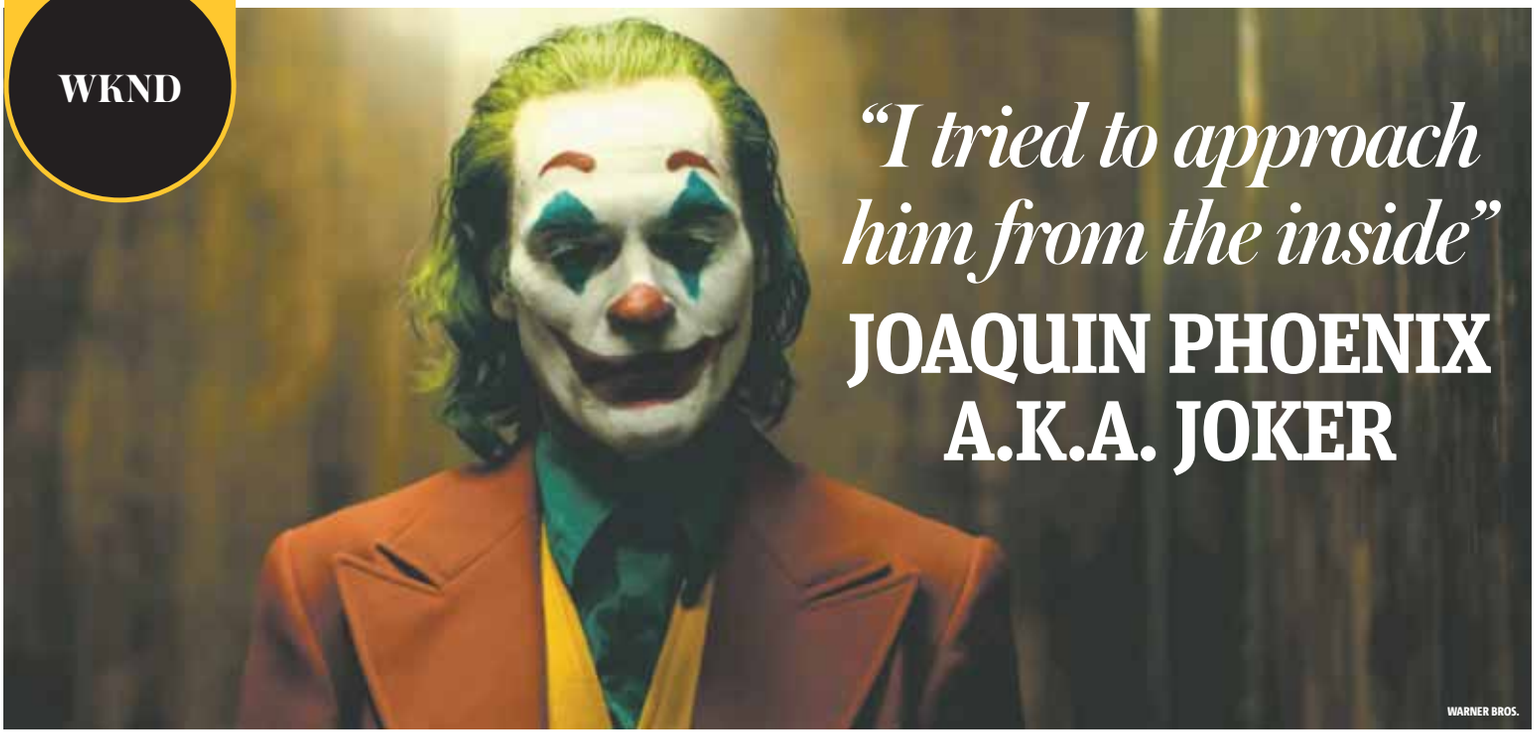


"I tried to approach him from the inside"

JOAQUIN PHOENIX A.K.A. JOKER

WARNER BROS.

In order to create an unforgettable character, the 44-year-old American actor had to learn contortionism, among other things.

MARÍA ESTÉVEZ

Actor Joaquin Phoenix lives in the skin of the character he plays. His performance in Joker has made the film take the best film prize during the last edition of the Venice Film Festival. To prepare for the role, Phoenix lost so much weight that he felt he was going to go crazy.

While the Batman antagonist develops within the narrative in the environment of superhero movies, Joaquin Phoenix's character is closer to a horror movie with many hidden political messages. To create a role that remains in the collective imagination thanks to unforgettable actors such as Jack Nicholson, Jared Leto or Heath Ledger, Phoenix had to learn contortionism. Metro chatted with the actor to learn more about his character who ends up becoming a psychotic criminal doing nothing but laughing when torturing and murdering his victims.

Congratulations on this incredible performance. I can't get the contortions out of my head. How did you do it?
There are two sequences in this movie that are important in regards to that. The clown routine and the dance. I started talking to the choreographer that was brought in. It was very interesting to me, to learn about the vocabulary of dance and movement. And we started watching these videos. And one in particular really moved me. It wasn't the dance with attitude that I liked. The arrogance was what I stole. That was where Joker came out.

So, the Joker emerged while you were filming the movie?
Yeah, that is true. He came out through the movement and the dance. So, when we started playing this music – a cello piece – and I came in and started to move… It was very natural. This idea of metamorphosis was intriguing to me. Who is this guy, and how did he become who he is. It was almost some kind of interpretive dance.

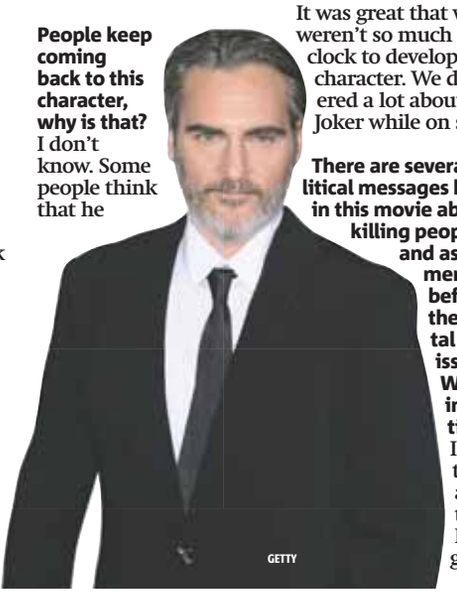
How did you react when you were told to play Joker? How did you prepare for this role?
When they approached me I thought, "no way I am going to do this." I always thought there was an opportunity to explore these kind of characters more. I have not seen it in other comic book movies. I met with the director and he showed me the videos of these laughing pits. The laughter was almost painful for Todd (director). I thought that was an interesting way of looking at this character. I never thought about Joker that way.

And did you read the comic strips?
As we began doing the research I thought I wanted to go my own way. I didn't want to be influenced by any other comics. I tried to approach Joker from the inside as a man and not from the approach of this iconic super villain that everybody knows. I felt I had a lot of freedom to find my version of the Joker.

Was it hard to find the right laughter? Was it painful?
The second time I met Todd I wanted him to audition my laugh. He came to my house and sat on the couch. It took me several minutes to find that laugh. I didn't want to fake it. It had to be genuine from the very first minute. At one point he was really uncomfortable. It was weird. It was important to me that I could do it. And to be honest it was more difficult than I thought. Then I tried to do it, I struggled. I could feel there was the potential for something there. It took a couple weeks of shooting until we got it right.

This character is obviously very ill.
I look at him as somebody who had experienced a lot of trauma, who does not know how to deal with the real world. Thus he ends up just being medicated. I didn't really approach him as a mentally ill. He's been on seven different medications. I was researching the medications and the side effects. He never had the opportunity to express his needs. I never identified anything about him with being mentally ill. I do think he was a true narcissist.

People keep coming back to this character, why is that?
I don't know. Some people think that he looks cool. But maybe there is a certain irreverence about things that he displays. Everybody has different appreciations for him. I am not sure.



GETTY

Do you have a new appreciation for him now?
First going in, it took longer than six weeks to finally shoot a scene with Joker. I didn't know how it was going to be. I was terrified. But it all made perfect sense. When I was Joker I started to understand Arthur in a different way. I was so happy to shoot scenes as Joker so late in the process. Todd really created this amazing creative space where we could make mistakes and discover something. It was great that we weren't so much on the clock to develop this character. We discovered a lot about the Joker while on set.

There are several political messages hidden in this movie about killing people and as you mentioned before, the mental health issues. Was that intentional?
I didn't think about that. But it's great that you see these political messages. I like when people are being challenged on different issues. I don't think Todd was making just one statement. I like that there weren't any easy answers to these issues. I hope it brings up these feelings in the audience. Everybody felt differently about their motivations on set too.

Did the Joker stay with you at the end of the working day?
At the end of the night there was never really an end. It stayed with me every night after work for another two or three hours. I never felt this moment of being done with my work day. I also didn't really have a life at that time because I couldn't go out to eat. I didn't socialize at all. The person I interacted with was my director. That became my world. It was nonstop. That's the best for me. I like working like that.

How hard was that for you?
I want to say it was super hard. But it was so inspiring, that as much energy I put into it, it gave it back. I would go home after work and we would just talk about the next scene. I was just super excited. I would show up at set two hours early to just sit in the trailer and talk about it.

Mark Arm of *Mudhoney* on getting back out on the road and taking a break from the news

Mudhoney
NIFFER CALDERWOOD

The band hit the road this Fall in support of 'Mourning in America'

PAT KING

For many aggressive musical acts, drawing inspiration from the news of the day can help to bring a new sense of purpose to their songs. But for Mark Arm leader of the long-running and influential Seattle grunge pioneers, Mudhoney, the current political atmosphere is just another drop in the bucket. For him and the rest of the band, being pissed is simply their modus operandi. You see, administrations may change, but Mudhoney is for life.

Last year, the band put out their fantastic album "Digital Garbage", which took aim at the regression of humans as a species by their own technological advancements. Last month the band released their new 7-song EP "Mourning in America" which not only picks up right where "Garbage" left off, but doubles down on it's fury. As the band hits the road in support of both that album and this new EP, you might be mistaken in thinking that Arm and the rest of the band are energized to rally against the powers that be. But when I spoke with him over the phone while he had some downtime at his day job as the manager of the Sub Pop records warehouse in Seattle, he assures me that it's quite the opposite.

"I don't feel energized by the f-king political situation depressing everything right now. Because it's just so all-consuming, and every day there's just something f-king new and horrible that's in the news," says Arm. "I could imagine how easy it would be to just shut down. And I think they're [the Trump administration] counting on maybe making people responding in that way. I long for a time when you get back to something where like you don't even think about the President for a couple of weeks at a time… We're energized by the music that we make, and we're stoked at the prospect of playing some shows in the U.S. But that's despite what's going on."

In fact, save for a Leather Nun cover, most of the originals on the new EP were unfinished songs that could have ended up on "Digital Garbage" but were left off for one reason or another. But as Arm went back, he realized his still had more to say in the conversation they started with their last album.

"All the music was recorded around the time we had 'Digital Garbage', I don't think I had lyrics ready for 'Creeps Are Everywhere' in time. So, but yeah, I mean those are, for lack of a better word, leftover songs. It seems like there could have been some songs that could have swapped places," Arm explains.

Mudhoney still tours today with the same lineup that has been intact since 2000, with Arm on lead vocals and guitar, Steve Turner on lead guitar, Guy Maddison on bass, and Dan Peters on drums. The band is still a force to behold on stage and I comment that their vitality on the road with a new generation of bands that were inspired by Mudhoney is a testament to the band's roll in the continuation of punk rock's larger narrative. While they may have been lumped in with the Seattle Grunge movement, the band has always remained gnarlier and their sound has aged much more gracefully than many of their peers.

"That's the way it's always seemed to me," says Arm. "When we were first starting out, I mean, Grunge wasn't a thing that existed as a thing. I just sort of always thought we were, even though we were coming out in the late eighties, in that kind of tradition of American underground Punk Rock or whatever. Like in the same vein as diverse bands like The Replacements and Butthole Surfers to throw out like, 'Here are the total weirdos. They're just this little start-up rock band,' but it's all kind of part of the same thing at the time, you know?"*Catch Mudhoney tonight at White Eagle Hall in Jersey City and October 19 at Market Hotel*

Events
The best place to promote your events online & in print.
metro.us/events-nyc
powered by eventbrite

Fri 10/04

Beer Garden Silent Disco Party
@ 2am / $7.50-$10
Bohemian Beer Garden, 2919 24th Ave, Queens

Featured

Queens Botanical Garden Farmers Market
@ 8:30am / Free
Queens Botanical Garden, 43-50 Main Street, Outside the Garden on Dahlia at Main Street, Queens

Featured

Ultimate Food, History & Architecture Tour NYC
@ 10am / $44
Eataly NYC Flatiron, 200 5th Avenue, New York

Featured

Secret Food Tours New York City
@ 11am / £63.92
IFC Center, 323 6th Avenue, New York

New York Philharmonic w/ Jaap van Zweden
@ 2pm
David Geffen Hall, 10 Lincoln Center Plaza, New York

Kevin Griffin
@ 6:30pm
Mercury Lounge-NY, 217 East Houston St., New York

Editor's Pick

Gazillion Bubble Show
@ 7pm
New World Stages - Stage 2, 340 West 50th Street, New York

Featured

Harlem Jazz Series - Joaquin Pozo
@ 7pm / $21.83
October 4, 2019, 7:00 PM Don't be late for this - master Cuban percussionist, Joaquín Pozo's style christened "El Pulpo" (The Octopus) will be performing. Greater Calvary Baptist Church, 55 West 124th Street, New York. 212-662-7779

Featured

Pop Up: An Artistic Treasure Hunt
@ 7pm
Oct 4th - Oct 6th
PoP Up: An Artistic Treasure Hunt is a free event where audiences discover 15 site-specific public performances via clues on a hand-painted treasure map. Irondale Center, 85 South Oxford Street, Brooklyn

Apollo Film Presents: The Apollo Documentary - Advance Screening
@ 7pm
Apollo Theater, 253 West 125th Street, New York

Just Friends
@ 7pm
Brooklyn Bazaar, 150 Greenpoint Ave. Brooklyn, NY 11222, Brooklyn

Ty Segall
@ 8pm
Bowery Ballroom, 6 Delancey St., New York

The Damnwells
@ 8:30pm
The Bell House, 149 7th Street, Brooklyn

Sat 10/05

Editor's Pick

OysterFest NYC Stone Street featuring Harry's
@ 12pm / Free
Harry's NYC, 1 Hanover Square, New York

Editor's Pick

Blue Man Group New York
@ 2pm / $39
Astor Place Theatre, 434 Lafayette St., New York City

Sun 10/06

Featured

Bklyn Indoor Block Party at City Point Brooklyn
@ 11am / Free
City Point Shopping Center, 445 Albee Square West, Brooklyn

Featured

Drag Brunch Halloween Spooktacular: New York
@ 2:30pm / $18
The Iridium, 1650 Broadway, New York City

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Featured

Wind of Tsugaru in New York
@ 2pm / $25-$45
Japanese bamboo flute and taiko drums collaborating with Piano Trio Weill Recital Hall, 154 West 57th Street, New York. 917-583-4099

Featured

Richard Clayderman Piano Concert
@ 8:30pm / $168
The Return of the Prince of Romance
Arena Theatre, 7326 Southwest Freeway, Houston, TX 77074. 604-401-0695

Mon 10/07

Maisie Peters
@ 6:30pm
Mercury Lounge-NY, 217 East Houston St., New York

The Lightning Thief
@ 7pm
Longacre Theatre, 220 West 48th Street, New York

New York Philharmonic w/ Lang Lang
@ 7:30pm
David Geffen Hall, 10 Lincoln Center Plaza, New York

Mingus Big Band
@ 7:30pm / $30
Jazz Standard, 116 East 27th St., New York

The Party Animals of Comedy
@ 7:45pm
Greenwich Village Comedy Club, 99 MacDougal Street, New York

Featured

Movie Monday
@ 8pm / Free
The Gradient, 17 Wyckoff Avenue, Brooklyn

Rock of Ages
@ 8pm
New World Stages - Stage 3, 340 West 50th Street, New York

Mingus Big Band
@ 9:30pm / $30
Jazz Standard, 116 East 27th St., New York

Madonna Madame X Tour Afterparty, DJ Jeannie, Oxana Nabokova
@ 11pm / $5
EastVille Comedy Club - Brooklyn, 487 Atlantic Avenue, Brooklyn

Tue 10/08

Harlem Jazz Series - Curtis Nowosad
@ 12pm / $16.59
October 8, 2019 - Noon - Curtis Nowosad a New York-based drummer, composer, and bandleader. A native of Winnipeg, Manitoba, Canada will bring is drumsticks to Harlem and setting the church on fire!! Greater Calvary Baptist Church, 55 West 124th Street, New York. 212-662-7779

Israel Nash
@ 6:30pm
Mercury Lounge-NY, 217 East Houston St., New York

The Height of the Storm
@ 7pm
Samuel J. Friedman Theatre, 261 West 47th Street, New York

Best of the Greenwich Village Comedy Club In Our Cellar At 99 MacDouga
@ 7:30pm
Greenwich Village Comedy Club, 99 MacDougal Street, New York

Ralph Peterson & The Messenger Legacy
@ 7:30pm / $30
Jazz Standard, 116 East 27th St., New York

New York City Ballet
@ 7:30pm
David H. Koch Theater, 63rd Street, New York

Morcheeba
@ 8pm
Brooklyn Bowl, 61 Wythe Ave, Brooklyn

Raphael
@ 8pm
Stern Auditorium / Perelman Stage at Carnegie Hall, 891 Seventh Avenue, New York

Common Let Love Tour
@ 8pm / $35-$83.25
Apollo Theater, 253 West 125th Street, New York

The Sound Inside
@ 8pm
Studio 54, 254 W. 54th St., New York

Lee Bains III & The Glory Fires, Nana Grizol, Teenage Halloween
@ 8pm
Knitting Factory, 361 Metropolitan Avenue, Brooklyn

The Rose Tattoo
@ 8pm
American Airlines Theatre-NY, 227 W 42nd St, New York

Very Good Comedy Show - $20 At the Door
@ 8:30pm
Broadway Comedy Club, 318 W. 53rd St, New York City

Wed 10/09

Editor's Pick

"Times Square Magic"
@ 7pm / Free-$10
LOL Times Square, 711 7th Avenue, 2nd Floor, New York

Thu 10/10

Editor's Pick

NYC Grand Central Mystery & History Scavenger Hunt
@ 7pm / $20
Great Northern Food Hall, 89 East 42nd Street, New York

Yankees ALDS, World Series quest starts Friday vs. Twins

Metro New York previews the Bronx Bombers' ALDS vs. Minnesota

JOE PANTORNO
joseph.pantorno@metro.us

Despite the injuries and the starting-pitching concerns, the pressure is officially on.

With 103 wins and their first divisional title in seven years in hand, the New York Yankees begin their 2019 postseason campaign on Friday night in the Bronx against the Minnesota Twins.

In one of the franchise's most memorable campaigns—winning the AL East with an onslaught of injured-list victims that amounted to over 2,500 man-games lost—expectations are still sky-high around Yankee Stadium.

And fans couldn't be more happy with their first postseason opponent.

The Yankees have dominated the Twins in recent postseason matchups, winning five playoff encounters since 2003 by a combined margin of 13-games-to-2.

But Yankees fans should be careful what they wish for because these aren't the same old Twins.

Minnesota went 101-61 in 2019, their highest win total since 1965 and their fourth-highest winning percentage in franchise history, which dates back to 1901 as the Washington Senators.

They set an MLB record by smashing 307 home runs this season, one more than the Yankees' season total as a slugfest is expected to commence in the ALDS.

Can the Yankees make easy work of Minnesota as they have in the past? We'll try to figure it out here:

WHAT TO WATCH FOR AT THE ALDS

HOME-RUN FEST

If you dig the long ball, this is the series for you.

These are the two most prolific home-run hitting teams in Major League Baseball history as they've combined for a mind-numbing 613 round-trippers in 2019.

They're also the only teams in MLB history to hit more than 300 home runs in a season. The record before this season was 267 set by the Yankees last year.

It just shows how much livelier the baseballs are this year.

The Twins had eight players eclipse the 20-home-run mark with five of them mashing over 30 in 2019.

The Yankees had seven players hit 20-plus and two (Gary Sanchez, Gleyber Torres) hit more than 30.

MOST HOME RUNS BY TEAM, SINGLE SEASON

1. ***2019 TWINS- 307***
2. ***2019 YANKEES- 306***
3. 2019 ASTROS- 288
4. 2019 DODGERS- 279
5. 2018 YANKEES- 267
6. 1997 MARINERS- 264
7. 2005 RANGERS- 260
8. 2019 ATHLETICS- 257
8. 2010 BLUE JAYS- 257
8. 1996 ORIOLES- 257
11. 2019 CUBS- 256
12. 2016 ORIOLES- 253

2019 MLB TEAM BULLPEN ERA LEADERS

1. RAYS- 3.66
2. INDIANS- 3.67
3. ASTROS- 3.75
4. DODGERS- 3.78
5. CARDINALS- 3.82
6. GIANTS- 3.85
7. ATHLETICS- 3.89
8. CUBS- 3.98
9. ***YANKEES- 4.08***
10. ***TWINS- 4.17***
11. BRAVES- 4.18
12. D'BACKS- 4.26

BULLPEN TOSS-UP

The Yankees' bullpen has been the constant toast of Major League Baseball in 2019, and rightfully so.

This is a unit loaded with top-tier talent ranging from Adam Ottavino to Zack Britton, to closer Aroldis Chapman.

Even with the loss of All-Star Dellin Betances for the entire season and the inconsistencies of Chad Green, the Yankees bullpen was a top-10 unit in baseball.

But they're squaring off against a Twins bullpen that has been just as solid this season. Tyler Duffey and Trevor May have provided reliable late-inning options ahead of closer Taylor Rogers, who ranked sixth in the American League with 30 saves this season.

X-FACTORS

AARON JUDGE
LAST 32 GAMES
.289 BA
.372 OBP
.702 SLUGGING
14 HR
21 RBI

JAMES PAXTON
LAST 11 STARTS
11-0 RECORD
2.51 ERA
69 K's
.177 BA AGAINST
GAME 1 STARTER

LUIS SEVERINO
2019 STATS
3 STARTS
12 INNINGS
1.50 ERA
17 K's
GAME 3 STARTER

PROJECTED LINEUP

1. ***DJ LEMAHIEU- 1B*** *(.327 BA, 26 HR, 102 RBI)*
2. ***AARON JUDGE- RF*** *(.272 BA, 27 HR, 55 RBI)*
3. ***EDWIN ENCARNACION- DH*** *(.249 BA, 13 HR, 37 RBI)*
4. ***GIANCARLO STANTON- LF*** *(.288 BA, 3 HR, 13 RBI)*
5. ***GARY SANCHEZ- C*** *(.232 BA, 34 HR, 77 RBI)*
6. ***GLEYBER TORRES- 2B*** *(.278 BA, 38 HR, 90 RBI)*
7. ***DIDI GREGORIUS- SS*** *(.238 BA, 16 HR, 61 RBI)*
8. ***GIO URSHELA- 3B*** *(.314 BA, 21 HR, 74 RBI)*
9. ***BRETT GARDNER- CF*** *(.251 BA, 28 HR, 74 RBI)*

ROTATION

GAME 1
JAMES PAXTON

GAME 2
MASAHIRO TANAKA

GAME 3
LUIS SEVERINO

X-FACTORS

NELSON CRUZ
2019 STATS
.311 BA
.392 OBP
.639 SLUGGING
41 HR
108 RBI

EDDIE ROSARIO
2019 STATS
.276 BA
.300 OBP
.500 SLUGGING
32 HR
109 RBI

JOSE BERRIORS
2019 STATS
14-8 RECORD
3.68 ERA
195 K's
1.223 WHIP
GAME 1 STARTER

PROJECTED LINEUP

1. ***MAX KEPLER- CF*** *(.252 BA, 36 HR, 90 RBI)*
2. ***JORGE POLANCO- SS*** *(.295 BA, 22 HR, 79 RBI)*
3. ***NELSON CRUZ- DH*** *(.311 BA, 41 HR, 108 RBI)*
4. ***EDDIE ROSARIO- LF*** *(.276 BA, 32 HR, 109 RBI)*
5. ***MIGUEL SANO- 3B*** *(.247 BA, 34 HR, 79 RBI)*
6. ***MITCH GARVER- C*** *(.273 BA, 31 HR, 67 RBI)*
7. ***C.J. CRON- 1B*** *(.253 BA, 25 HR, 78 RBI)*
8. ***JONATHAN SCHOOP- 2B*** *(.256 BA, 23 HR, 59 RBI)*
9. ***JAKE CAVE- RF*** *(.258 BA, 8 HR, 25 RBI)*

ROTATION

GAME 1
JOSE BERRIOS

GAME 2
JAKE ODORIZZI

GAME 3
RANDY DOBNAK

YANKEES vs. TWINS 2019 ALDS SCHEDULE

GAME 1	GAME 2	GAME 3	GAME 4*	GAME 5*
@ YANKEES	@ YANKEES	@ TWINS	@ TWINS	@ YANKEES
FRIDAY, 7 PM	SATURDAY, 5 PM	OCT. 7, TBD	OCT. 8, TBD	OCT. 10, TBD
MLB NETWORK	FS1	FS1 or MLBN	FS1	FS1
			*IF NECESSARY	*IF NECESSARY

2019-20 PREVIEW

Largely unchanged Islanders look to repeat surprising playoff run once again

Many of the faces on the Islanders' roster are the same, but will the magic from last season carry over to 2019-20?

JOE PANTORNO
joseph.pantorno@metro.us

The New York Islanders are in the business of proving people wrong.

They did just that last year when they took a team that was expected to finish near the bottom of the conference and advanced to the Eastern Conference semifinals.

It was the byproduct of having a sturdy foundation at the top as general manager Lou Lamoriello and head coach Barry Trotz got the most out of a team many people wrote off in their first season with the organization.

What will they do as an encore?

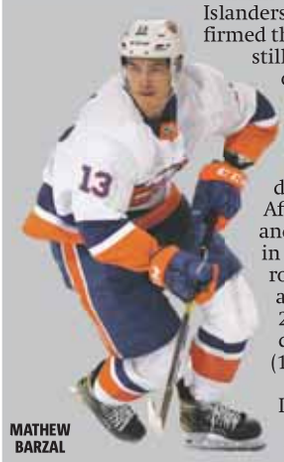
Whatever it is, they're not in the business of making big changes.

The Islanders are returning much of the roster from last season and their lack of action over the summer has seen many national hockey pundits — just like last year — count the Islanders out of the playoff race in 2019-20 following a 103-point campaign.

With their status as contenders up in the air, Metro takes a look at some of the most important things to watch for this season:

OPENING NIGHT
CAPS vs. ISLES
7 PM ET
MSG+

MAT'S TIME TO SHINE


MATHEW BARZAL

After striking out on Artemi Panarin in the offseason, the Islanders' quiet summer confirmed that Mathew Barzal will still be the main source of playmaking within the Islanders' roster.

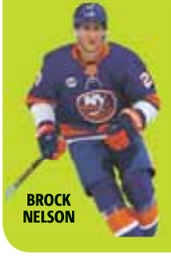
He struggled at times with that role last season in Trotz's defense-first system. After recording 22 goals and 63 assists (85 points) in his Calder-winning rookie season two years ago, Barzal posted a 23-point drop in production under Trotz (18 G, 44 A, 62 points).

He will remain the Islanders' first-line center given his off-the-charts skating ability and skill with the puck. But for an Islanders team that needs to find more goals, Barzal will be looked upon as the man to facilitate that improvement.

THE RETURNING CAST

JORDAN EBERLE

ANDERS LEE


BROCK NELSON

Lamoriello made it clear that he's going to keep the Islanders' forward core together for a little while longer.

The Islanders brought back free agents Jordan Eberle, Anders Lee, Brock Nelson, and Anthony Beauvillier — players that have proven to grasp and thrive under Trotz's system.

Like Barzal, however, there will be added pressure to boost their goal-scoring totals.

After putting up 34 and 40 goals in each of the previous two seasons, Lee scored just 23 times in 2018-19. The big-bodied Lee —who makes a living cleaning up the garbage in front of the net — must rediscover that domineering presence to throw off the opposing goalie.

Eberle scored just 19 goals last season, his lowest total since 2012-13. A monster first-round against the Penguins in the playoffs restored his value as he scored four goals in four games when he was reunited with Barzal.

He's expected to stay with Barzal this season, which could see him flirt with the 30-goal mark once again.

While Nelson will be asked to repeat his career-high 25 goals from last year, Anthony Beauvillier must exhibit some consistency on the Islanders' middle lines. While he put up 18 goals, he scored just twice during a 27-game stretch from Dec. 20-Feb. 21.

A NEW PLATOON

The Islanders brought in veteran Semyon Varlamov to join Thomas Greiss in hopes of retaining a Jennings-winning platoon.

Greiss is coming off a career year in which he posted a .927 save percentage and a 2.28 goals-against average.

The 31-year-old Varlamov has been solid over the last two seasons, posting a .915 save percentage and a 2.78 goals-against average.

ENTER DOBSON

New York's NHL-best defense gets another boost as top prospect and 19-year-old Noah Dobson made the team.

The two-time Memorial Cup winner could slot in on the third pairing alongside Nick Leddy, forcing Johnny Boychuk to become the team's No. 7 defenseman.

METROPOLITAN DIVISION PREDICTIONS

1. WASHINGTON CAPITALS- 103 PTS.
2. CAROLINA HURRICANES- 100 PTS.
3. NEW YORK ISLANDERS- 95 PTS.
4. PITTSBURGH PENGUINS- 93 PTS.
5. NEW YORK RANGERS- 90 PTS.
6. NEW JERSEY DEVILS- 89 PTS.
7. PHILADELPHIA FLYERS- 80 PTS.
8. COLUMBUS BLUE JACKETS- 76 PTS.

ISLANDERS PROJECTED LINES

1ST LINE
LEE - BARZAL - EBERLE

2ND LINE
DAL COLLE - NELSON - BAILEY

3RD LINE
BEAUVILLIER - BRASSARD - KOMAROV

4TH LINE
MARTIN - CIZIKAS - CLUTTERBUCK

DEFENSE
PELECH - PULOCK
TOEWS - MAYFIELD
LEDDY - DOBSON

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PJ Solomon, LP, 1345 Avenue of the Americas, 31st floor, New York, NY,
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GAMES

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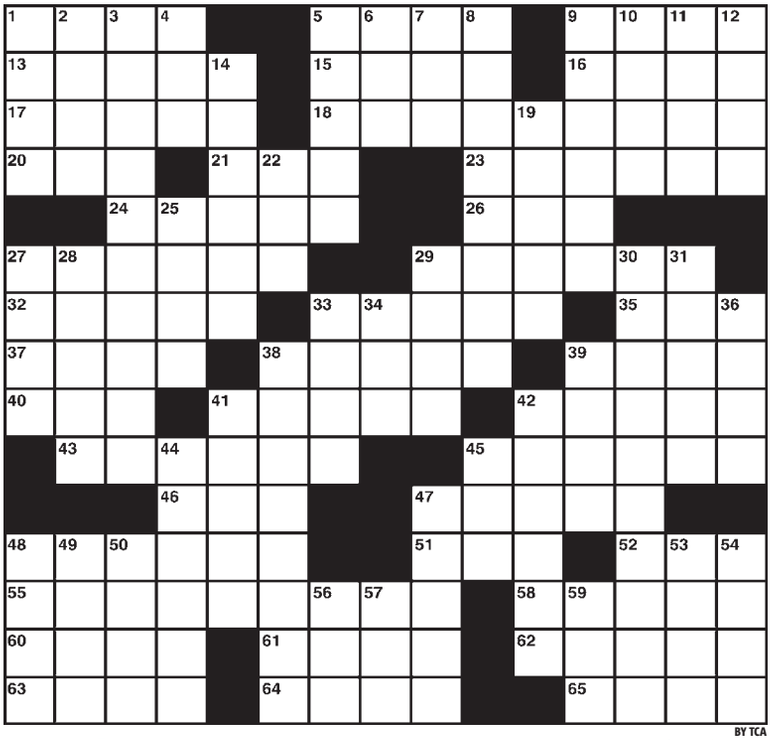
ACROSS
1 Hand protector
5 Abnormal chest sound
9 Artist & writer Silverstein
13 As sore as __
15 Ajar
16 Paper towel brand
17 Hillside
18 Expanded
20 All __; fully prepared
21 Bordeaux buddy
23 "To put it __"; words with an understatement
24 Shelter
26 Cereal grain
27 Pill form
29 Cantankerous
32 Pile up
33 Embankment
35 Poe's monogram
37 Mediocre
38 Planted
39 Police spray
40 Shack
41 Cut off
42 Malia's sister
43 Partial refund to a customer
45 Aviators
46 Groove
47 Bishop Fulton J. __ of TV fame
48 Torah, for example
51 Farm animal
52 Not long __; recently
55 Sicilian volcano
58 Arm joint
60 Fail to include
61 __ up on; study about
62 Beauty parlor
63 Actor Hackman
64 Cooking herb
65 Ties the knot

DOWN
1 Tumor
2 Suffix for flex or deduct
3 Crest or Colgate
4 Pointed end
5 Songbird
6 Spring month: abbr.
7 Zodiac sign
8 In love
9 Slender
10 Female red deer
11 Daredevil Knievel
12 Woman
14 Tree droppings
19 Sawyer or Keaton
22 Encountered
25 Part of AKA
27 Money
28 Love, in France
29 Take __; assume control
30 Like a fair price
31 Pleasure boat
33 "__ Me Do"; Beatles song
34 Female animal
36 Small veggies
38 Colonists
39 Boy or man
41 __ Ste. Marie
42 Military blockades
44 "Jane Eyre" author
45 __ Beta Kappa
47 Black card
48 Air pollution
49 __ back; return
50 Destroy
53 "__ grief!"
54 __ up to; confesses
56 Soothing drink
57 Unpleasant spouse
59 Statute



BY TCA

metro.us/wordsearch

N	A	E	B	E	E	F	E	G	R
O	V	C	S	H	E	L	L	O	H
I	O	U	A	E	M	U	O	X	M
N	C	T	L	Q	E	X	M	U	N
O	A	T	S	H	Z	H	A	M	E
T	D	E	A	F	C	A	C	M	K
A	O	L	H	C	T	N	A	X	C
M	P	Z	N	R	O	C	U	Z	I
O	E	U	V	I	H	L	G	R	H
T	O	R	T	I	L	L	A	M	C

Avocado
Bean
Beef
Cheese
Chicken
Corn
Crunch
Guacamole
Lettuce
Onion
Salsa
Shell
Taco
Tomato
Tortilla

metro.us/wander

Category: Two for One

P	O	N	D	
E	S	A	F	A
D	I	P	I	L
	T	S	L	L

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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		5	6		2			
8					5		6	1
					7	5	9	
5		8		6			7	9
6			7		8			2
7	2			5		3		6
	9	7	3					
2	8		5					3
			8		4	9		

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B	A	A	S		M	A	L	I	A		B	A	L	E
S	K	I	M		E	B	S	E	N		R	I	O	T
	S	T	A	L	L	I	O	N	S		O	D	D	S
			S	I	L	T			B	O	A			
S	A	S	H	A	Y		P	L	U	N	D	E	R	S
A	L	T	E	R		T	H	E	R	E		L	E	T
C	L	A	D		H	O	O	E	Y		N	O	N	O
K	I	M		P	E	O	N	S		S	U	P	E	R
S	E	P	A	R	A	T	E		S	C	R	E	W	Y
			R	E	D			W	H	O	S			
S	C	A	N		A	R	C	H	I	T	E	C	T	
T	O	R	E		C	O	L	O	N		R	U	E	D
E	L	M	S		H	O	U	S	E		Y	E	A	R
M	E	S	S		E	M	B	E	R			S	K	Y

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